

Reflections on . . . Empowerment

- ◆ What makes me feel strong inside? How do I work through my fears and self-doubts?
- ◆ Does my community value young people? How do I know?
- ◆ Do young people in my community have useful roles? Do they serve on boards? Do they speak at meetings? Do they spearhead activities to create positive change? Do they protest or speak out about political issues?
- ◆ Who do I turn to for help when I don't feel safe? Who protects me? Who looks to me for protection?
- ◆ What does it mean to be safe? Safe from teasing and mocking at school? Safe from physical violence? Safe from discrimination and prejudice? Safe to walk down the street?
- ◆ What does it mean to be empowered? What is the opposite of being empowered? What makes me feel competent? What makes me feel in control of my life? How do I know what I can do and what I can't do?
- ◆ How do I serve other people? How do I help others? How does it help me to help others? Do I try to do a good deed every day?
- ◆ Do people trust me to be reliable and dependable? In what ways am I leader? In what ways am I a follower or a supporter? What kinds of decisions can I make alone?
- ◆ Who are my role models? Am I a good role model for my friends and for people younger than me?
- ◆ Am I open and honest about my opinions on serious issues?
- ◆ How can I keep learning about empowerment?